



**Public Health**  
Prevent. Promote. Protect.

Fond du Lac County  
Health Department

# Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.



## What's in the News?

### Sun Safety

Happy spring! With warmer weather ahead, many of us will be spending a lot of time outside enjoying the sunshine.

Time in the sun provides great **benefits**, including helping your body create Vitamin D (which helps bones grow normally), improving mood, and regulating your sleep schedule.

However, it also poses a **threat**. The sun's UV rays can damage your skin in as little as 15 minutes. Sunburn is the most visible type of damage. Over time, UV rays also cause wrinkles, liver spots, cataracts in your eyes, and other forms of damage, including cancer.

The risk of sun damage varies based on the UV index, which changes throughout the day. The sun tends to be most powerful between 10am and 4pm. Sources of weather information, including apps and websites, often will let you know what the UV index is. More information on this can be found on the EPA website: <https://www.epa.gov/sunsafety>. The US EPA indicates that **"One in five Americans will develop skin cancer in their lifetime. . . . Unprotected exposure to UV radiation is the most preventable risk factor for skin cancer."**

It can be prevented by:

☀ Applying **SUNSCREEN** before you get outside, and putting more on every two hours

☀ Wearing **CLOTHES AND HATS** that help shield your skin and eyes from the sun

☀ Wearing **SUNGLASSES** with UV protection to keep your eyes safe from damage and cancer

☀ Spending time in the **SHADE** to reduce your exposure to UV rays.

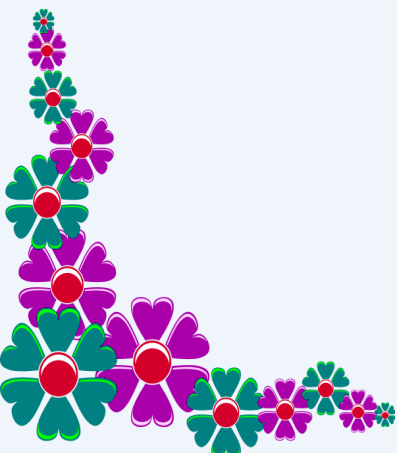
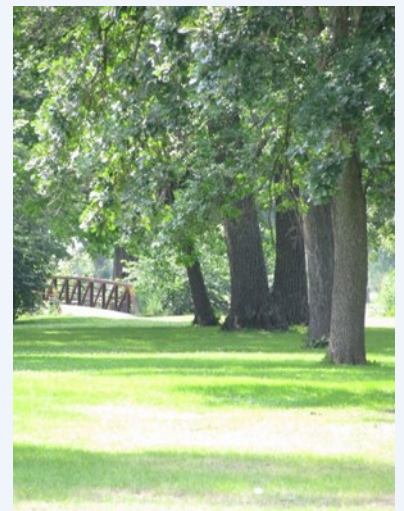
There's a lot to keep in mind when it comes to staying safe in the sun ...

☀ UV rays come not only from natural sunlight, but also from tanning beds. Tanning beds have been proven to cause cancer.

☀ Sun safety is important not only when you are outside, but also when you are in cars and next to windows.

☀ Water does not protect you from the sun's rays. In fact, water, snow, and sand can increase the sun's damage to your skin and eyes because they reflect the UV rays.

☀ See a doctor if you are feeling sick or have noticed moles that are unusual in color, shape, or size.



## Women, Infants, and Children (WIC)

WIC families get many benefits from enrolling in the WIC program. Aside from nutritious foods WIC families also receive:

- Nutrition education by qualified nutrition professionals such as Dietitians, Diet Techs and Nutritionists
- Breastfeeding support from Certified Lactation Counselors (CLCs) and Breastfeeding Peer Counselors
- Vouchers to spend at the local farmers market



**WIC is currently in the process of hiring a new Breastfeeding Peer Counselor. The application will remain open until April 26<sup>th</sup>, 2017 with the hope of adding a new team member by the end of May. If you are passionate about breastfeeding and interested in supporting WIC families in their breastfeeding journey please apply!**

## Maternal Child Health News



Along with our WIC partner, the Maternal Child Health program area also offers Breastfeeding support and education. We have a Certified Lactation Counselor available to offer information and support through phone and/or home visits. MCH is also excited to begin training Childcare centers on becoming Certified Breastfeeding Friendly Childcare Centers. Certified Childcare centers will be listed as Breastfeeding friendly by the CCR&R, will receive comprehensive breastfeeding resources and be provided with breastfeeding books. Most importantly, breastfeeding

## THE OPIOID CRISIS

Do you have a loved one or acquaintance suffering from an opioid or heroin addiction? The Harm Reduction Pillar of the Fond du Lac County Opioid Initiative has partnered with the AIDS Resource Center of WI to provide free Naloxone (Narcan) trainings to community members.

See this [flyer](#) for additional information and training dates!

friendly childcare centers will be another partner in the Fond du Lac community's dedication to breastfeeding support.

Online support we recommend:

[www.kellymom.com](http://www.kellymom.com)

[www.llli.org](http://www.llli.org)

[www.bestforbabes.com](http://www.bestforbabes.com)



### No Insurance Needed

#### Dental Insurance is NOT Required

A dental benefit plan or “dental insurance” is not required to see a dentist.

Can't get dental insurance coverage through your employer? If not, you may be tempted to skip dental cleanings and other treatments. But good basic care lowers your risk of suffering a major, expensive problem in the future.

There are three ways to approach dental care if you don't have employer-based coverage – purchase your own private insurance, opt instead for a discount plan or simply pay for services out of pocket as you need them.

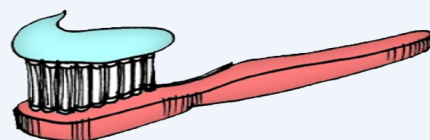
Before going coverage-free, carefully review the cost of a dental benefit plan and add up the costs of routine services you and your family would likely need in a year, such as cleanings and x-rays, and compare them to the out-of-pocket costs

of dental services in your area.

If you're a single adult and you're in good dental health, it may be unlikely that private insurance is worth it, after you do the math. It may make more financial sense to pay out-of-pocket for dental care than to pay a monthly premium.

If you forgo coverage and a problem arises, use your lack of insurance to try to negotiate lower fees with your dentist. Find a dentist you trust, explain to them that you don't have insurance, and then see if you can work out an agreement for a lower rate on services.

Dental offices help patients make their oral health a priority with treatment plans and payment options: Cash, check, debit card, personal credit card, patient credit agreements, third-party financing plans and/or installments (usually reserved for long-term patients who dentists know well). Regular exams, X-rays and preventive care protect against advanced dental disease, saving individuals pain, dollars, and time in the dental chair over the long term.





## Tobacco News

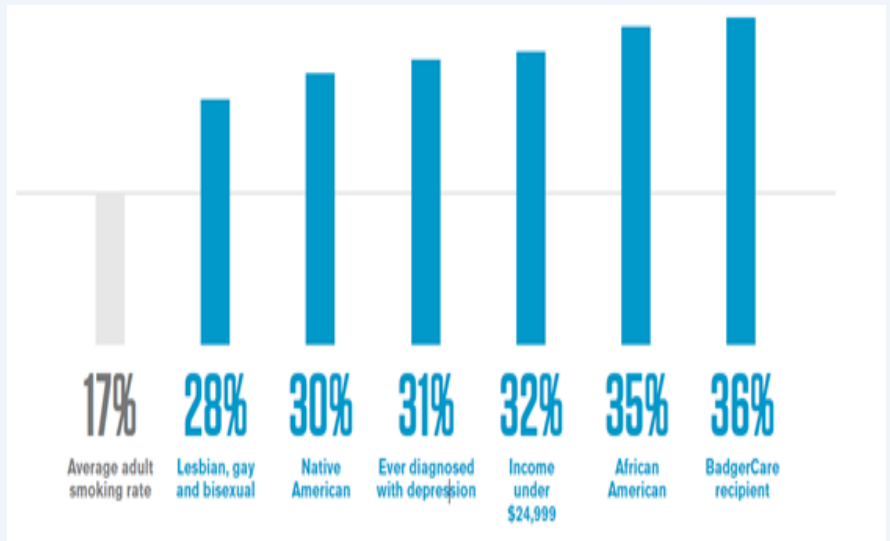
### The Changing Face of Tobacco Use

Tailored support is needed to reach some populations.

### Tobacco use and behavioral health

Nearly 8 out of 10 people in treatment for substance use disorders also smoke. These individuals are more likely to die from tobacco use than their other addictions. However, research shows that when individuals quit tobacco and other substances at the same time, they are 25% more likely to stay off both.

### Some communities use tobacco more than others



To learn more about tobacco prevention efforts visit [www.tobaccofreelivingfdl.com](http://www.tobaccofreelivingfdl.com) or contact Sandy Bernier Tobacco Prevention and Control Coordinator [sandy.bernier@fdlco.wi.gov](mailto:sandy.bernier@fdlco.wi.gov)

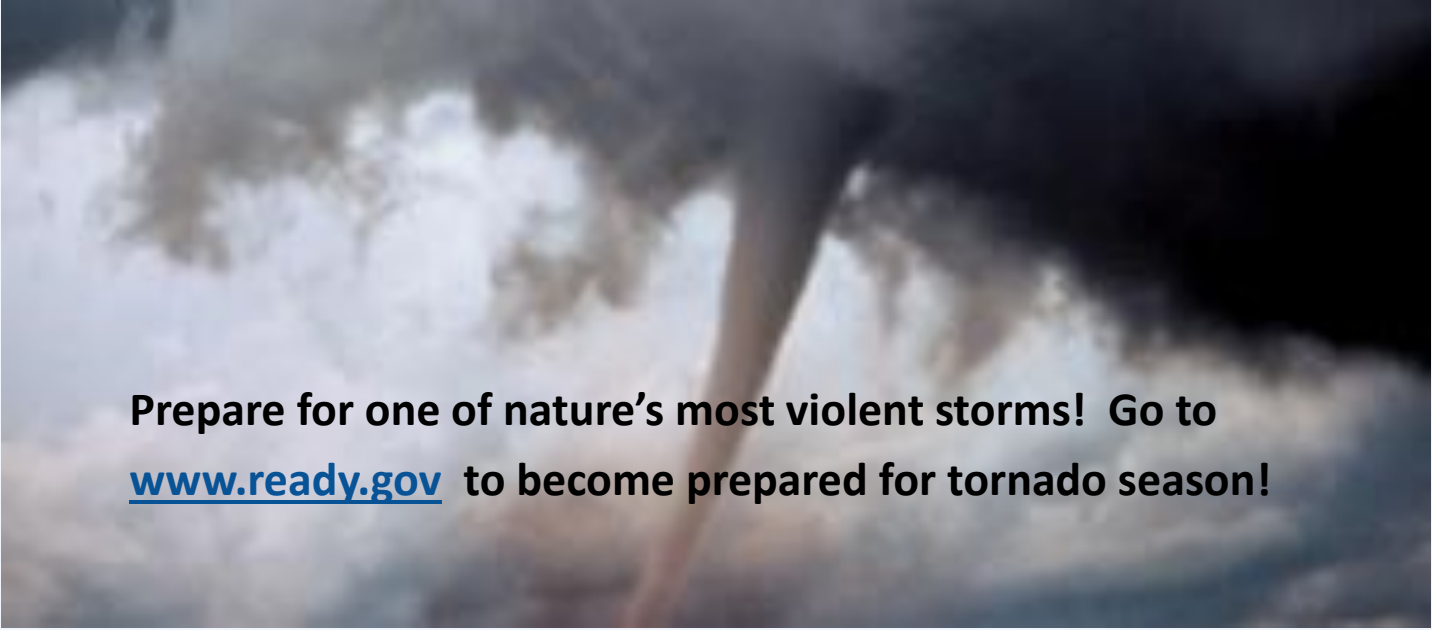
## Environmental News

**Spring** brings moisture and moisture brings **MOLD!**

Learn more about mold prevention and clean up [here!](#)



## Emergency Preparedness



Prepare for one of nature's most violent storms! Go to [www.ready.gov](http://www.ready.gov) to become prepared for tornado season!

### Public Health News

#### ***Healthy Living with Diabetes Workshops offered Locally***

Diabetes is a chronic, life-long, on-going condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, eating healthy, exercise and managing your symptoms. *Healthy Living with Diabetes* is a researched and proven program to help you take charge of your diabetes.

#### ***What is Healthy Living with Diabetes?***

This workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes. The workshop meets once a week for six weeks. The workshop reinforces the concepts learned from diabetes educators. Studies have shown that participants have improved blood sugar control for 18

months after completing the sessions, and are less likely to have an emergency room visit related to their diabetes management.

#### **Who should take the workshop?**

- Adults with type 2 diabetes
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

The Health Department is working with ADRC (Aging and Disability Resource Center), Agnesian HealthCare, and Rehab Arisces to offer this program in Fond du Lac. The first workshop starts Friday May 19<sup>th</sup>, and concludes on June 23. It will be held at the Agnesian Health Shoppe, 307 Camelot Drive, FDL.

Registration is online at [agnesian.com/know-and-go/classes](http://agnesian.com/know-and-go/classes). There is no charge for the program, a workbook can be purchased for \$20 if you wish.

Don't miss this opportunity to TAKE CHARGE of your diabetes. For more information, visit [wihealthyaging.org](http://wihealthyaging.org) or call the **Health Department at (920) 929-3085**.